Using The COOL as a Contest log

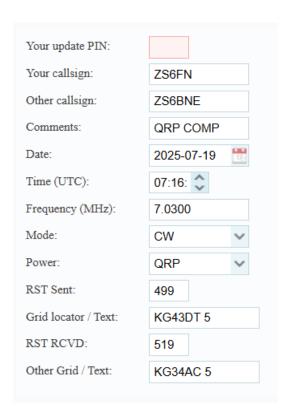
Just this month on the 19th of July 2025 I took part in the quarterly QRP contest hosted by a very friendly club, ZS6STN. I'd like to share my experience in logging and submission of QSO's made during the contest.

The contest rules are important and should be studied carefully and can be found in the downloadable contest manual. Of course the date and times are the first to take note of. The most important of all is the exchange the contesters need to send and receive then to log them accurately.

In the case of the QRP contests the exchange requirement is, "Realistic RS(T), 6-char Grid square and transmit power in watts (eg: 57, KG33uk, 10)". The example with the commas can be misleading but let us let common sense prevail and accept the exchanges should look something like 519 KG34AC 5 with spaces in between (or a pause between entities while sending Morse code).

I made contact with Frank ZS6FN and logged the QSO on The COOL. Frank also logged the QSO on The COOL.

Your update PIN:	
Your callsign:	ZS6BNE
Other callsign:	ZS6FN
Comments:	
Date:	2025-07-19
Time (UTC):	07:16: 💲
Frequency (MHz):	7.0300
Mode:	CW ~
Power:	QRP ~
RST Sent:	519
Grid locator / Text:	KG34AC 5
RST RCVD:	499
Other Grid / Text:	KG43DT 5



The COOL immediately evaluates the log date, time and frequency allowing +- 2 kHz and 5 minutes leeway to cater for slight variations that may exist. If these are found to be correct then a QSL flag is generated and the exchanges are compared next.

If the exchanges are correctly matched then a check flag is generated.

Th	$The\ COOL\ Main\ -\ The\ OPEN\ View\ [v\ 10.07.25]\ (Sorted\ by\ Date\ and\ Time)\ Note:\ Click\ on\ sortable\ column\ headers\ to\ sort.$													
4	New Log ✓ Edit Log ☐ Delete log ☐ Upload ADIF ✓ COOL Evaluator ☐ Reload COOL													
Se	Search callsign Q Search other Q Prepare for selective download Download ADIF Download Cabrillo													
***	Callsign	Other	Comments	Date	Time (UTC)	Frequency	QSL	Mode	Watts	sRST	Own Exchange / Grid	rRST	Other's Exchange / Grid	CHK
	ZS6BNE	ZS6FN		2025-07-19	07:16:00	7.0300		CW	5	519	KG34AC 5	499	KG43DT 5	Y
	ZS6FN	ZS6BNE	QRP COMP	2025-07-19	07:16:00	7.0300		cw	5	499	KG43DT 5	519	KG34AC 5	Y

ZS6STN is a rather forward thinking club. Their requirements for log submissions are, "Submit your log, labelled "<your call sign> QRP Contest," in ADIF, Cabrillo or preferably the MS Excel log sheet, by e-mail to contest@zs6stn.org.za within the five calendar days following the contest date".

The COOL can generate an ADIF or Cabrillo file. The ADIF is simple and sufficient to be able to share COOL logs with qrz, HRDLog, ClubLog or even LOTW. It looks like this:

<RST_RCVD:3>499<CALL:5>ZS6FN<RST_SENT:3>519<COMMENT:0><QSO_DATE:8>2025
0719<TIME_ON:6>071600<FREQ:6>7.0300<BAND:3>40m<MODE:2>CW<STX_STRING:8>K
G34AC 5<SRX_STRING:8>KG43DT 5<EOR>

The Cabrillo generated by The COOL has more detail though and better suited to contest submissions. It looks like this:

START-OF-LOG: 3.0

CONTEST: The SARL QRP Contests

CALLSIGN: ZS6BNE LOCATION: Molopo

CATEGORY-OPERATOR: SINGLE-OP CATEGORY-ASSISTED: NON-ASSISTED

CATEGORY-BAND: 40m CATEGORY-POWER: QRP CATEGORY-MODE: CW

CATEGORY-TRANSMITTER: ONE GRID-LOCATOR: KG34ac19fi

CLAIMED-SCORE: 00001

CLUB: The COOL CW Operators Club

CREATED-BY: The COOL NAME: Eddie Leighton

ADDRESS: 50 Piet my vrou avenue ADDRESS-CITY: Molopo private park

ADDRESS-STATE-PROVINCE: Northwest province

ADDRESS-POSTALCODE: 2740 ADDRESS-COUNTRY: South Africa

OPERATORS: ZS6BNE

SOAPBOX: Lots of solar QRM

QSO: 7030 CW 2025-07-19 0716 ZS6BNE 519 KG34AC 5 ZS6FN 499 KG43DT 5

END-OF-LOG:

No need to fill in an excel spreadsheet. This file is simply mailed to ZS6STN and they are in further control of administering their contest results.